



ACHP Members Reverse Diabetes and Obesity with Virta

Health plans often work with multiple diabetes management and weight loss programs. But if asked, their medical directors will tell you they are falling short of expectations. Healthcare costs continue to rise, members quality of life is deteriorating, and the prevalence of type 2 diabetes and obesity show no signs of slowing down.^{1,2}

To improve clinical outcomes and lower healthcare costs, ACHP members are partnering with Virta to offer members a new benefit that can reverse type 2 diabetes and deliver sustainable weight loss—without drugs.

Featured partners



Despite condition management programs, too many members get progressively worse

Under condition management programs, too many members get progressively worse—comorbidities increase, drug regimens increase while getting more expensive, and more side effects occur, but outcomes don't improve. This is because they do not address the root cause of metabolic disease: poor nutrition that damages our metabolism and bodies.

Virta, a leader in digital care for diabetes reversal and sustainable weight loss, offers an alternative path to better metabolic health outside of the traditional methods of diabetes management, drugs, surgery, or calorie restriction—reversing conditions through nutritional therapy and a fully virtual, provider-led medical group.

Why are benefits leaders and health plan leaders turning to reversal?

“We want to see our members actually get better. Healthcare is about making people healthier, but a lot of programs today focus on managing a disease state—not preventing it.

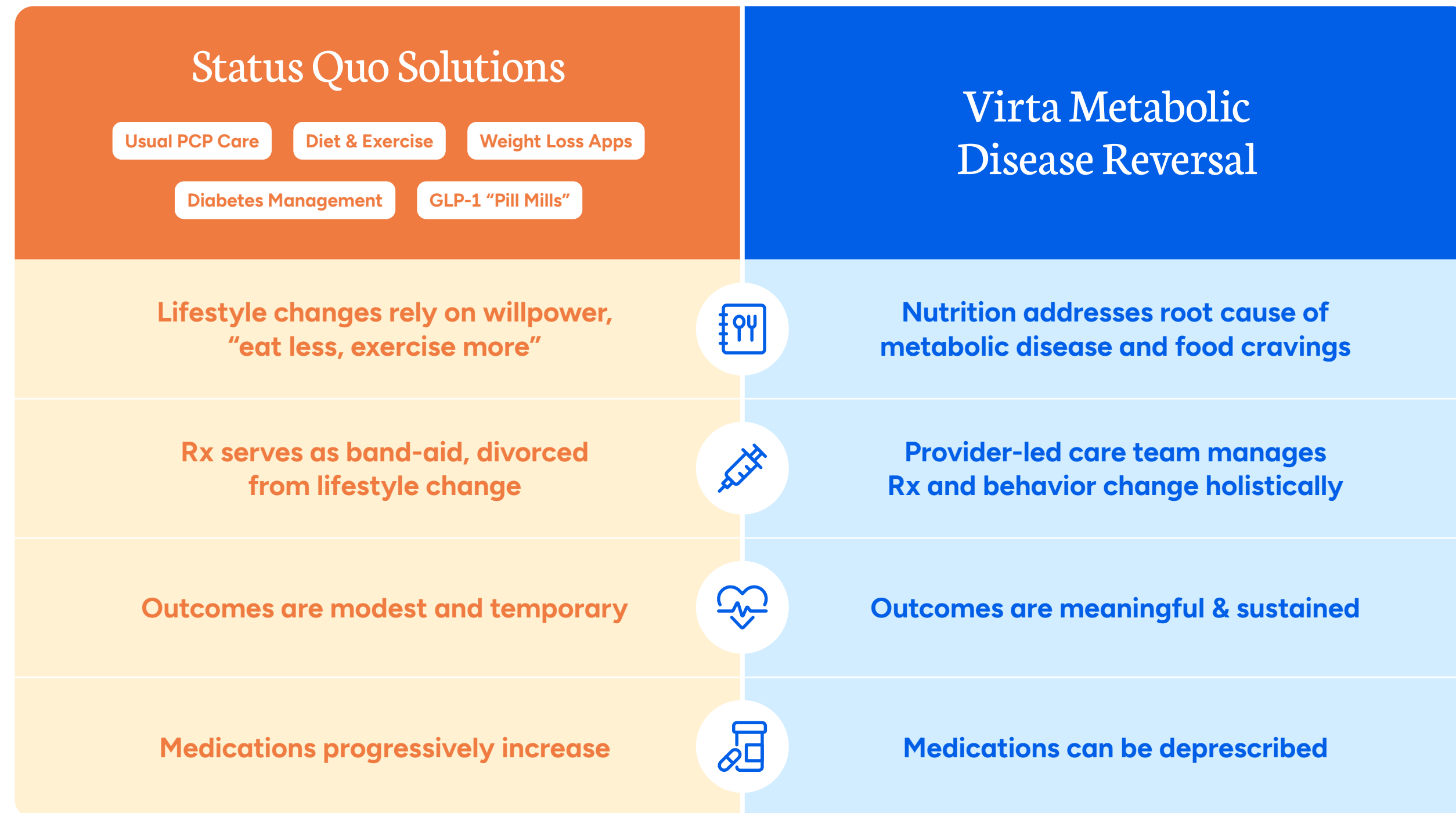
The uniqueness of Virta is its focus on combating and reversing a disease by looking holistically at each member instead of throwing medication at the problem.”

Director of Quality Management, Health Alliance

Offering Virta fills in a missing piece of the puzzle

What makes obesity and diabetes reversal different?

Reversal offers a non-invasive, cost effective and sustainable way to improve health, including lowering A1c, reducing or eliminating medication, and maintaining weight loss. Virta reverses diabetes and sustains weight loss by addressing the root cause through personalized nutrition and behavior support, and medication when needed.



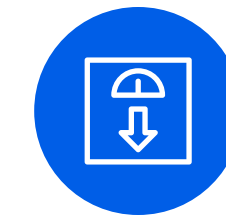
ACHP members see clinically significant results in 90 days



Average A1c change



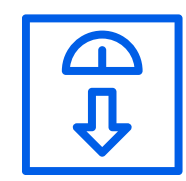
Medication change



Weight change

Virta ³ (n=254)		
<p>-1.03 from 7.52 to 6.49%</p>	<p>-35% 94 of 269 eliminated</p>	<p>-7% from 227 to 209 lbs</p>
Usual Care ⁴		
<p>+0.2</p>	<p>+7%</p>	<p>+0.6%</p>

The clinical implications of diabetes reversal



Clinically significant weight loss

The state of obesity in America has created a massive market for GLP-1s for weight loss. These medications can be effective, but they come with side effects, high costs, and data show that most clinical improvements are lost within one year after medications are discontinued.⁵

Virta is clinically proven to serve as a GLP-1 alternative or offramp.

Data show Virta delivers sustained weight loss through 5 years,⁶ as well as supports members in sustaining 85% of weight loss after stopping a GLP-1.⁷



Medication reduction and Rx cost savings

Standard care, weight loss, and diabetes management programs use medication to treat diabetes, and GLP-1s are increasingly being prescribed for weight loss. But as diseases like diabetes progress over time, so too does the use and cost of the medications to manage them.

Virta reduces and/or eliminates costly medications by reversing diabetes and obesity through personalized nutrition therapy.

Cost savings from insulin reduction and elimination, as well as deprescription of costly GLP-1s for weight loss, lower healthcare costs for plans and members.



Blood sugar reduction

Every one-point decrease in A1c reduces the risk of long-term diabetes complications, such as kidney disease or blindness, by up to 40%.^{8,9}

Virta lowers A1c by focusing on foods that normalize blood sugar, and using healthy fats as fuel in place of high sugar and ultra-processed foods.

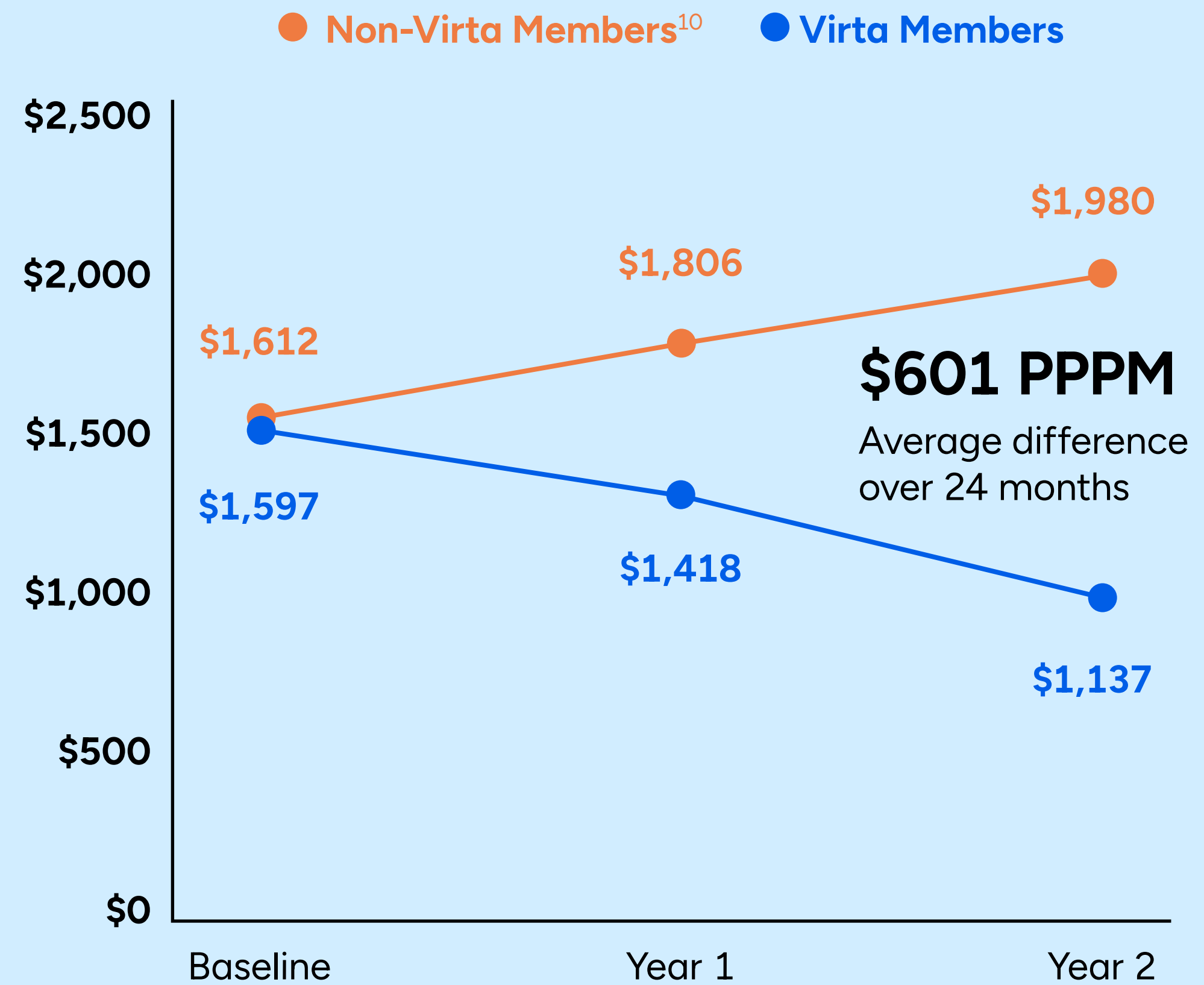
Every member's experience is personalized beginning at enrollment and continuing with nearly daily coach communication during the first year. The program's flexibility empowers members so they can succeed in everyday situations.

Reversing metabolic conditions leads to massive savings

\$7,212

Per enrolled member with type 2 diabetes per year

Medical/Rx costs per participant per month⁹



Virta Health, Analysis of Type 2 diabetes Reversal Cost Savings, Sept 2021; Trended 4 years using 6.5% for Medical costs and 11.9% for Rx costs

Non-Virta members n = 5354; Virta members n = 435

Life-changing results for all members

Diabetes and obesity are health equity issues, disproportionately impacting minority groups and those with low income.¹⁰ Virta has published data that show everyone—regardless of race, ethnicity, or socioeconomic status—improves their diabetes on Virta (measured by A1c, or blood sugar control).¹¹

Here's what members say:

Impact

"My doctor was astounded at the difference from last year to this year.", "I've stopped taking the Ozempic."

Flexibility

"This way of eating is manageable."

Education

"I've learned so much about food and nutrition."

Support

"You always have a coach to build you up and has your back."





“There is good news too as I had to buy clothes today and this morning I broke through the lowest weight I have been in recent past. And I’m not hungry like I was then.”

— **Providence Health Plan member**



I am happy with my results.

“I have lost weight and lowered my A1c. Having a coach available to answers my questions has been very beneficial. The Virta plan would work for controlling or reversing diabetes but also as a weight loss program!”

— **Health Alliance member**



Control costs and improve outcomes by offering reversal

Only Virta Delivers:

Validated Outcomes

Virta's outcomes are peer-reviewed, published and its approach to nutrition is a frontline therapy to reverse type 2 diabetes.

A Proven Approach to Deprescription

Virta providers have a track record for deprescribing GLP-1s, insulin, and other medications, while helping members improve health and maintain results.

A Smart Financial Bet

Virta puts 100% fees-at-risk for achieving lofty clinical and financial outcomes. Virta can also be used as a cost-effective alternative or off-ramp to costly GLP-1 drugs.

*Trusted by 400+ enterprise customers
and more than 40 health plans.*

Contact us to learn more
about diabetes reversal
and sustainable weight
loss for your population

References

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